

# Yogurt Smoothie in a Bag

**Makes:** 1 smoothie

## Ingredients

- 1/4 cup** yogurt, low-fat vanilla (or plain)
- 1 tablespoon** milk, 1%
- 2/3 tablespoon** frozen fruit juice concentrated (2 teaspoons, thawed)



## Directions

- Place ingredients in a heavy duty snack sized plastic bag.
- Squish the bag until all ingredients are mixed, then stick a straw in a bag to drink the smoothie.

## Notes

Orange juice concentrate used for costing and nutrition analysis.

**Source:** Purdue University Extensions. Visit Web site.

Nutrition Information	
Nutrients	Amount
<b>Calories</b>	<b>73</b>
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	47 mg
Total Carbohydrate	13 g
Dietary Fiber	0 g
Total Sugars	13 g
Added Sugars included	5 g
<b>Protein</b>	<b>4 g</b>
Vitamin D	40 IU
Calcium	126 mg
Iron	0 mg
Potassium	217 mg
N/A - data is not available	
<b>MyPlate Food Groups</b>	
 Fruits	1/4 cup
 Dairy	1/4 cup